

Ring in 2024!

We're into the New Year with 365 days to make the most of every moment. Now's the time for new beginnings.

Perhaps this is the year to stop waiting for just "the right time" whatever that might be. Life's full of needed waiting time some within our control and others not.

Occasionally decisions need to be made whether to repair, remodel or buy new. Such might be the case with vehicles and houses. Waiting might be sensible depending on vehicle safety or the housing market.

Some may hold off or wait on travel plans. While saving money for such an adventure becomes financially a good idea, would future health challenges preclude the travel? Perhaps one family member or traveling companion could make the trip; another might not be so able. What about visiting family members or friends elsewhere? Why not book now?

What about saving those special dishes or glasses for a special occasion? If that special occasion doesn't arrive in a timely manner, those beautiful cherished items might remain dusty, tarnished, or unwanted by the children. What happens if something breaks, becomes mangled in the disposal or tossed out by mistake? There's always the possibility of replacement or setting the table differently.

Some might think waiting for more time to volunteer, take up a new hobby or sport would make sense. It might but, why not venture out now? Area recreation centers offer a variety of sporting experiences with varied pace and enough exercise for enjoyment.

Volunteer opportunities abound in most areas. Sampling a few or gravitating to a potential area of interest enables volunteers to find just the right niche.

Tangible waiting happens in saving a new clothing item. Save it

for a special occasion might be the thinking. What happens if that occasion never arrives, it no longer fits or the event is canceled? Who enjoys it then?

Some may wait this year for a call about a new job. On occasion, the unwanted call comes when not getting the job or being let go.

The arrival of a new family member, via birth or engagement, often involves waiting. That out-

come becomes celebratory for all involved.

With all the exhibits, festivals and performances in the area, it's possible to miss out by waiting too long to get tickets. The same holds true for sporting events as well.

Celebrate all that 2024 has in-store. Maximize the days and don't wait to enjoy them all.

By Marty Coffin Evans



Takács Quartet Featured at CU Boulder

The Grammy-winning Takács Quartet has enchanted audiences at CU Boulder for more than three decades and counting. The group's dynamic and insightful performances have established the quartet as one of the most sought-after chamber music groups of our time. Their unique blend of technical brilliance and emotional depth creates a truly unforgettable musical experience.

The world-renowned Takács Quartet is entering its forty-ninth season. The members of the Takács Quartet are Christoffersen Fellows and Artists in Residence at the University of Colorado, Boulder. For the 23-24 season the quartet enter into a partnership with El Sistema Colorado, working closely with its chamber music education program in Denver. During the summer months the Takács join the faculty at the Music Academy of the West, running an intensive quartet seminar.

The Takács Quartet was formed in 1975 at the Franz Liszt Acade-

my in Budapest by Gabor Takács-Nagy, Károly Schranz, Gabor Ormai and András Fejér, while all four were students. The group received international attention in 1977, winning First Prize and the Critics' Prize at the International String Quartet Competition in Evian, France. The Quartet also won the Gold Medal at the 1978 Portsmouth and Bordeaux Competitions and First Prizes at the Budapest International String Quartet Competition in 1978 and the Bratislava Competition in

1981. The Quartet made its North American debut tour in 1982.

January program includes Hugo Wolf: "Italian Serenade" for String Quartet, Béla Bartók: String Quartet No. 1, & Florence Price: Piano Quintet in A Minor (with pianist David Korevaar)

Performances begin on Sunday, Jan. 14, 4 p.m. & Monday, Jan. 15, 7:30 p.m. at the Grusin Music Hall in the Imig Music Building, 1020 18th St, in Boulder. Purchase tickets at cupresents.org.



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JANUARY Calendar

Tuesday/2

Boulder Genealogical Society presents a free online program on "Connecting the Dots: Using Timelines, Comparison Charts and FAN charts to identify Your Ancestors" by Carol Cooke Darrow at 7 pm on Zoom. Organizing and analyzing the piles of data you have collected can be intimidating. But there are simple tools you can use to get the job done. Please register online at www.bouldergenealogy.org to receive Zoom info.

Wednesday/10

Longmont Genealogical Society presents a free hybrid program on "Finding a Birth Mother, A DNA Case Study" by Glenn York at 1 pm at Longmont First Evangelical Lutheran Church, 3rd and Terry Streets, in Longmont Glenn will discuss the steps used to analyze her DNA matches, and then how those matches and family tree information were used to identify her birth mother, and her birth father's family. Please register online at longmontgenealogicalsociety.org.

The Colorado Gerontological Society presents many free online programs on Aging in Place, Advance Care Planning, & Assisted Living programs at www.senioranswers.org.

Visit Dairy Arts Center on page 5 for many events including cinema, comedy, dance, music, theatre, & visual arts.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer's Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

Calendar sponsored by:
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We Care

Ron Stern's Travel Series Palm Springs Preferred Small Hotels



Ron Stern

I have visited Palm Springs many times over the years and have always been intrigued by the varied architectural styles of the homes, government buildings and small hotels. This became even more apparent during my most recent trip where I had the opportunity to stay at several of the Palm Springs Preferred Small Hotels (PSPSH) in town. Perfect for a long weekend or extended holiday, you can choose between 80 diverse accommodations offering a host of ame-

nities that travelers will love.

If you're a fan of retro architecture, like I am, their website lets you filter among various styles such as mid-century modern, historic, Spanish and Mediterranean. Some of the other options include restaurants on premises, pet friendly, breakfast included, full-service spas, bicycles, swimming pools, and handicap accessible.

You can book directly with the property via the PSPSH platform. Most will price match what you might find on other travel agency (OTA) websites, thus saving money. Also, if any problems arise, you can deal directly with the property who can quickly resolve any issues.

If you book with an OTA, they are essentially your travel agent and you'll have to contact them for assistance.

With less than 50 rooms, you'll find all sorts of retro inns and hotels within easy driving distance of the Greater Palm Springs area. But you can also choose one right in the heart of the city close to many of the main attractions and activities.

My wife and I stayed at three different properties during our visit: The Alcazar, Mahala, and Dive. All three had styles that reflected the personalities of their owners. Alcazar and Mahala had modern vibes while Dive felt like a 60s French Riviera experience.

Some properties have on-site dining such as Alcazar's Cheeky's, serving small farm food and Birba (pizza and pasta) were only steps away. Lounging by the pool is very much of a thing here in Palm Springs and all of our properties had these as well as hot tubs. Complimentary snacks and beverages were also provided.

Many of the hotels in this association have been lovingly renovated and/or restored. With comfortable beds, custom furnishings, and dedication to guest satisfaction, seniors should consider booking with PSPSH during their next getaway to this desert community.

This was a sponsored visit, however, all opinions are based on the author's honest assessment.



Dive Paris Suite Ron Stern

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One Cat's Leap For Life

They say that Coco the cat was spooked by a dog and chased up a utility pole on a roadway in Newfoundland, Canada. He was up there for some two hours as utility workers tried to rescue the frightened feline. Just as they got close

enough to grab him, Coco took advantage of his nine lives, jumped for his life, made a soft landing and headed straight for home. His owner, Alice Reid, told reporters, "he's going to have to get used to being in the house more."



This Fall, Older Adults Should Protect Their Health

(StatePoint) With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider

which vaccines are appropriate for you.

- **Flu.** This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.

- **Pneumonia.** Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.

- **Shingles.** The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.

- **COVID-19.** Ask your doctors about current recommendations for prevention of COVID-19 infections.

- **RSV.** Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe

in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

The following health screenings are commonly recommended for older adults.

- **Mammogram.** Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

- **Colorectal screening.** Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.

- **Bone density scan.** USPSTF

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DEADLINE

10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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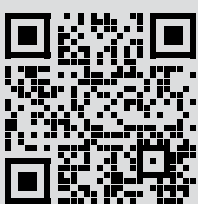
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End of Year Message from the Boulder County Commissioners

As we come to the end of 2023, the Board of County Commissioners would like to say thank you again to voters for their support for both the Affordable and Attainable Housing ballot measure and the Open Space ballot measure. These ballot measures encompass many of the values of the commissioners, county staff, and the Boulder County community. The overwhelming support the measures received will kickstart great projects and programs that will benefit our residents. Voter support has allowed the county to deliver many essential services and public improvements, such as the Alternative Sentencing Facility, which voters previously funded and on which the county broke ground this summer.

We know that affordable housing and homelessness are at the forefront of many of our minds as the cost of living continues to rise across Colorado. In April, we celebrated with partners when the Boulder County Housing Authority (BCHA) received land use approval from Lafayette City Council for Willoughby Corner, which will be one of the largest mixed-use and environmentally sustainable affordable housing neighborhoods ever built in Boulder County. We look forward to seeing this project develop in 2024.

The county continues to coordi-

nate Homeless Solutions for Boulder County (HSBC), our partnership with Boulder, Longmont, and local nonprofits. The commissioners increased funding by an additional \$900,000 to the Boulder Shelter for the Homeless and an additional \$300,000 to Homeless Outreach Providing Encouragement (HOPE) in Longmont when our partners made clear that increased demand and growing costs meant more resources were crucial for local shelters. We know this is not just a local issue, which is why Commissioner Loachamin has been working as chair of the Metro Mayors Caucus, based in Denver, to coordinate regional solutions and this work will continue into the new year.

The county is not immune to the financial pressures that so many are feeling, which is why the board had to balance tough decisions during the budget process with the need to deliver essential services and further our commitment to a more equitable Boulder County. On Jan. 1, we take one further step in that equity journey when the county's local minimum wage goes into effect and we move towards a \$25 hourly wage by 2030. We received broad support from the community when we announced the local minimum wage in August. However, we know that despite the success Denver has

seen since it introduced its minimum wage in 2020, there are still community members and local businesses with concerns. We will work with our business community to provide financial and technical support as we find solutions to ease this transition.

Recovery continues as we near two years since the Marshall Fire. Where we once saw vacant lots, we can now see homes with lights on and cars in the driveway. We recognize everyone is in different stages of recovery and the process has entailed substantial financial hardship. Although our rates of rebuilding have been faster than other communities after a wildfire, we also know that provides little comfort to those who have not yet rebuilt. Our community will always bear the scars of this disaster, and during this difficult time of year, we urge you to be gentle with yourselves and others, and continue to look out for one another. Please continue to access the emotional support services available for everyone.

We believe 2024 holds good things for our community and we look forward to continuing to work with you to create a vibrant and equitable Boulder County. Commissioners Claire Levy, Marta Loachamin, and Ashley Stolzmann

Poetry Rising

“Forget your troubles, c’mon get happy, you better chase all your cares away.

Shout ‘Hallelujah,’ c’mon get happy, get ready for the judgment day” (with apologies to songwriters, Harold Arlen and Ted Koehler)

As we enter this new year, how is that “troubles” thing working for you? Do you find that no matter how hard you try, it’s really hard not to worry? There’s a dear friend traveling in Israel, a grandchild who just lost their first love, a partner who is ill. Some days it’s very easy to feel that the brain has gotten out of control. It feels like a wild horse on the run...

NOT TO WORRY

Every so often,
a horse,
with no rider and no reins,
takes off across the prairie
with no destination in mind.

The pace increases...
breathing gets harder,
and sweat flies
leaving a wake
as does
the seductive beauty
of its windblown mane..

This is my brain.

Too late to close the barn door...
knowing there is no good ending
to this story.

Let’s go back in the house.
We can fix a cup of coffee.
and hope that this wild thing
will find its own way home.

(c) Barbara Wood Gray
Trying not to worry...
BarbaraWoodGray@gmail.com

Genealogy Rocks!



Carol Darrow

It’s time to think about making New Year’s Resolutions which usually involve fixing some fault you see in yourself. Maybe a better idea is to make New Year’s Plans – positive ideas to make your life happier and more productive. In genealogy, there are three main ways to do this: Focus, Organize, Share.

the documents for one couple and their children into the binder in chronological order. Add tabs to divide up the generations. Add a table of contents and perhaps a family tree for that couple.

Focus: It’s easy to get overwhelmed when your goal is to find out everything you can about everyone in your family tree. Your research can easily just skim the surface without discovering what kind of person your great-grandfather really was. Instead, pick one person or couple and focus your research on a new couple or person in your family tree.

Share: Some of us have close family – a slew of first cousins you grew up with. Some have found genealogy cousins, people working on the same family line whom we’ve met online. They would all be interested in your findings so you need to find an easy way to keep them involved. Maybe you could work together to solve a mystery about grandma’s father.

Organize: One of the simplest ways to organize the piles of information you’ve gathered is to use a three-ring binder. Put all

With a definite plan in mind, you will be amazed at the progress you can make. Instead of trying to dig into the whole family at one time, focus on an area that intrigues you. It’s never too late to plan ahead.

Carol Cooke Darrow teaches free *Beginning Genealogy on Zoom on the 2nd Saturday of the month, 10 am -noon. Register at cogensoc.us and click on the Beginning Genealogy link.*

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MONTHLY BOEDECKER THEATER CALENDAR

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	4:30 Fallen Leaves 7:00 Immediate Family	4:30 Immediate Family 7:00 Fallen Leaves	4:00 Immediate Family 6:30 Fallen Leaves 8:30 FNW: Mister Organ	5:30 Fallen Leaves 7:30 Immediate Family
1:00 Immediate Family 4:00 How to Watch a Movie			4:30 Ferrari 7:00 The Disappearance of Shere Hite	4:30 The Disappearance of Shere Hite 7:00 Ferrari	3:00 Ferrari 6:00 The Disappearance of Shere Hite 8:30 FNW: Everyone Will Burn	5:00 The Disappearance of Shere Hite 7:30 Ferrari
7	8	9	10	11	12	13
1:00 Ferrari 4:00 How to Watch a Movie			4:30 Ever Deadly 7:00 The Anatomy of a Fall	4:00 The Anatomy of a Fall 7:00 Ever Deadly	3:30 The Anatomy of a Fall 6:30 Ever Deadly 8:30 FNW: The Nature of Nicholas	5:00 Ever Deadly 7:30 The Anatomy of a Fall
14	15	16	17	18	19	20
4:00 How to Watch a Movie	7:00 Classics with Jeffrey Kash: The Band Wagon		4:30 The Crime Is Mine 7:00 The Smell of Money	4:30 The Smell of Money 7:00 The Crime Is Mine	4:00 The Crime Is Mine 6:30 The Smell of Money 8:30 FNW: The Seeding	5:30 The Smell of Money 7:30 The Crime Is Mine
21	22	23	24	25	26	27
4:00 The Crime Is Mine			4:30 Origin 7:00 Freud's Last Session	4:30 Freud's Last Session 7:00 Origin	3:00 Origin 6:00 Freud's Last Session 8:30 FNW: Archangel	4:30 Origin 7:30 Freud's Last Session
28	29	30	31	1	2	3

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Mental Health

Language of Dreams: Part 1



Dr. David Remmert

Are dreams meaningful or just the refuse of the mind's work at night? If you're like me, you strive and struggle to understand their language and decipher what they are trying to say. Sigmund Freud proposed a structure of the mind that includes Conscious, Subconscious, and Unconscious. Consciousness is awareness, all that you must perceive in daily life to make decisions. Subconscious is all those things that are accessible to you with effort, from what you had for breakfast to how you feel about a sibling.

The Unconscious is all that you have no awareness of and lack access to completely. This is where dreams live. And while we can't dig into the unconscious and uncover content at will, we can infer its contents from the products it produces – namely dreams, and symbols from dreams. Dream interpretation is the process of amplifying the images that are offered to us in dreams and learning to speak the language they produce.

Imagine getting a letter. Our conscious mind can see the return address and discover that it's from our child. Our subconscious can

divine that the postmark is from Europe and they're on vacation. Our unconscious cannot know the contents of the letter until we open it.

The language of dreams is abstract, pictorial, and representative. We don't have long, in-depth conversations over a bottle of Chardonnay in dreams. Things are always happening. These things have meaning and they're signposts for the conflicts and insight that are raging within us, often out of sight of our conscious mind. We only need to learn the language of dreams. Next month, we'll expand on this understanding and propose a way of looking at a dream that seeks to understand it.

Dr. David Remmert is a Longmont-based psychologist at Mental Health Partners, a community mental health nonprofit serving Boulder and Broomfield counties since 1962.

Find Einstein



Can you find the hidden Einstein in this paper?

Say you saw it in 50 Plus Marketplace News

Continued from page 3

This Fall, Older Adults Should Protect Their Health (continued)

recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.

- **Eye exam.** Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.

- **Mental health checkup.** Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

We Care

Technology is Hip!

Earthworms Benefit Our Ecosystems



Bob Larson

'lowly creatures' play a vital part within the natural soil ecosystem. They are also valued for their contribution to ecosystem services – ecosystem functions that are of direct benefit to humans through their action on soil processes.

Earthworms influence (and benefit) the soil ecosystem in a number of ways:

Recycling organic material: Earthworms, along with bacteria and fungi, decompose organic material. Most people know about earthworms and compost, but earthworms do the same in pasture soils, decomposing dung and plant litter and processing 2–20 tons of organic matter per hectare each year, and recycling leaf litter under orchards and in other forested areas.

Increasing nutrient availability: This happens in two ways: by incorporating organic materials into the soil and by unlocking the nutrients held within dead

organisms and plant matter. Nutrients like phosphorus and nitrogen become more readily available to plants after digestion by earthworms and being excreted in earthworm casts.

Improving soil structure: Earthworm burrows alter the physical structure of the soil. They open up small spaces, known as pores, within the soil. When earthworms are introduced to soils devoid of them, their burrowing can lead to increases in water infiltration rates of up to 10 times the original amount.

Reduces carbon: Earthworms convert digestible carbon to a form that stays in the soil, trapping carbon dioxide in soil for an overall decrease in emissions¹. Scientists in the US and China discovered that worms, though they release carbon dioxide from the soil into the air, actually capture (sequester) more CO₂ than they release.

Providing food for predators: Earthworms, like all creatures, are part of food webs. Birds are well known predators, but native earthworms are also food for endangered and endemic land snails.

This is another great use of technology on our planet. Bob Larson is a technologist and Marketing Director for 50 Plus!

Now Hear This

Health Resolutions & Hearing

Around 15.5% of American adults, or 40 million people, have trouble hearing, a condition that worsens over time, especially if left untreated. The new year is an excellent time to set yourself up with new goals, like working out more and taking care of your hearing can also be a resolution to set for yourself! As you step into 2024, here are some hearing care resolutions you can set for yourself!



Dr. D'Anne Rudden

If you notice your hearing is different, don't ignore it, make an appointment with a hearing care specialist, or an audiologist. You'll never regret being proactive about your health! Start to pay more attention to noise levels around you, if you notice it's too loud, do something about it. Using just simple foam earplugs can be beneficial and it's an easy and inexpensive habit to form.

If you're already a hearing aid user, getting your hearing tested would be a good resolution. Hearing aids need to be adjusted as your hearing needs may change, so even if you had them tested a year ago, it's good to get in the habit of having them

evaluated often, to ensure you're getting the best out of that investment. Another resolution could be to explore the new technology available out there. Improvements are always being made, and you could be missing out if you have an older model.

If you're only making one hearing-related resolution, then it should be to make an appointment with an audiologist for a hearing exam. It's the best way to address your hearing health with the least amount of work!

In practice for over 28 years, Dr. D'Anne Rudden is a Doctor of Audiology, board-certified by the American Board of Audiology. Dr. Caney Demars joined the practice in 2020, adding 5+ years of experience and a passion for serving our community! Dr. Rudden is one of six founding members and Project Manager for Hearing the Call Colorado, a non-profit that helps income-qualified people get access to hearing healthcare. To date, they've provided 214 people in Colorado with hearing aids, 48 right in Longmont!

Pets Are Family

Fitness & Wellness for our Furry Friends



Judy Calhoun

From your friends at NOCO Humane, we hope your holiday season was wonderful and you're ready to embrace a new year! It's common to make resolutions around health, so this month we are focusing on the physical and mental health of our furry friends. Cold weather can drive us indoors, but that doesn't mean that wellness has to take a break.

When thinking about enrichment and wellness for your pet, it is important to know that 1) dogs thrive best when they have a "job" and 2) cats are always practicing their hunting and stalk-pounce skills, so enrichment along those lines will almost always be a winner!

For dogs motivated by food, consider: snuffle mats or snuffle balls, clicker training, puzzle toys/feeders, slow feeders and "licky" mats. Also, entire meals can be stuffed into a Kong toy (and frozen the night before) to make meal time take longer as well as employ more effort and mental skills.

Sniffing is a great stress reliever for dogs and gives them an outlet for their hard-wired natural behaviors. Consider doing a test with

dog-friendly scents and see what your dog likes and doesn't like, what excites them and what calms them, and use the ones they like for future enrichment.

With cats, active toys are a hit! Encourage self-play with aluminum foil balls, plastic lids, wadded up paper, pipe cleaners, cardboard boxes, etc. Interactive play can also be fun for both of you, just remember to keep your hands and body clear from your kitty's claws as they lunge for their toy.

By prioritizing our companions' health and happiness, we can ensure a fulfilling and joyful year for both pets and their loving owners. Cheers to a paw-some year ahead! Learn more at nocohumane.org.



Be Aware of Mountain Lions!

Winter is almost here, and mountain lion activity is expected to increase in Boulder. Activity near town and populated areas becomes more common during the colder months as mountain lions head to lower elevations to find food.

Though mountain lion sightings and pet depredation do occur in Boulder, the risk to humans is extremely low. We encourage community members to take precautions and be prepared if they encounter a mountain lion. Here are a few tips on what to do if you encounter a mountain lion and how to discourage lions from visiting your property:

Do not approach a lion. Most mountain lions will try to avoid confrontation. Give them a way to escape. Stay calm when you come upon a lion. Talk calmly and firmly to it.

Stop or back away slowly if you can do so safely. Running may stimulate a lion's instinct to chase and attack. Face the lion and stand upright. Do all you can to appear larger. Raise your arms. Open your jacket if you're wearing one. If you have small children with you, protect them by picking them up so they won't panic and run.

To reduce the risk of problems with mountain lions on or near your property: Install outdoor lighting. Do not leave pets outside unattended, especially in the dark, dusk or dawn.

Supervise children when outdoors. Make your yard less attractive. Remove access to potential food sources, including pets and livestock.

Mountain lions have been a part of the Front Range ecosystem for thousands of years. They are both territorial and solitary. When a mountain lion establishes its territory, it is often the only lion in that area. Relocation and removal of lions from the city is reserved for individual animals that pose a direct threat to humans through abnormal or aggressive behavior. To report a mountain lion sighting in the city, call (303) 297-1192.



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MUSIC JAM:
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Colorado Gerontological Society

Property Tax Relief for Home Owners and Assistance for Renters



Eileen Doherty

Denver, CO. Individuals who make less than The Colorado Legislature passed several bills in November that benefit Coloradans, including older adults.

Two initiatives will benefit homeowners by changing the residential assessment rate for the 2023 tax year from 6.75% to 6.765%. This small assessment change will not make a big difference. However, homeowners will be able to exempt \$55,000 of the home's value. For older adults, this will be in addition to the \$200,000 exemption, if homeowners receive the Senior Homestead Exemption. Similar to the Tabor refunds received previously, all taxpayers 18 and over will receive \$800, thus low-income individuals will receive more, while higher income earners will receive less. The schedule for applying for Tabor refund has not been announced.

The third bill increases emergency rental assistance to \$95 million between now and June 30, 2024.

80% of the area median income and are at risk of eviction are eligible. Assistance is available for rent, utility bills, late fees, court costs, reasonable attorney fees, and any other costs associated with eviction prevention.

The next bill will increase the state's earned income tax credit from 25% to 50%. Many grandparents who are raising grandchildren, even if they don't have custody may be eligible for this tax credit to help with the costs of raising grandchildren.

Lastly, the legislature created a task force to develop a long-term property tax plan. Senator Chris Hansen, who spoke at the Colorado Gerontological Society Annual Meeting, requested older adults consider participating in the task force. The Society will be working with policy makers and invites everyone to participate.

For information, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.

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Boulder to Implement Disposable Bag Fee

On Jan. 1, 2024, the City of Boulder's Disposable Bag Fee will expand to all retail stores in the city. All disposable checkout bags will be charged a ten-cent fee per bag. On that date, the state will also implement a ban on plastic checkout bags at large stores, and a ban on polystyrene (Styrofoam) cup and food containers at all retail food establishments in Colorado.

Plastic carryout bags are being phased out of large stores in Colorado as part of the Plastic Pollution Reduction Act. The statewide plastic bag ban will help create consistency across the state and maximize waste reduction.

"These changes will help move Boulder toward its vision of a more circular local economy," said Jamie Harkins, the city's sustainability senior manager of circular economies. "Every single-use bag and container prevented means less waste in the landfill and less burden on our planet. Bringing a reusable tote, declining a bag at checkout, using a takeout container from home or opting for a service like DeliverZero are simple

ways to take action toward circularity."

Circular economies are resilient and regenerative systems that rethink how materials are produced, used, and discarded. Reducing our consumption and reusing instead of buying new are powerful ways to shrink our collective environmental impact, while supporting a more circular economy and creating less waste to divert from the landfill.

Shoppers can avoid paying the fee by bringing their own reusable bags to the store or by asking cashiers not to bag purchases. New and used reusable bags are sold at many grocery, clothing, and thrift stores around town.



Reflections

Serendipity

As we embark on a new year, "Serendipity," seems an appropriate title. After all, it evokes finding something new or unexpected good luck. Doesn't a new year hold that potential?

My early association with serendipity comes from a folk song group years ago. They started in Colorado as the Newport Singers and then began swapping members in/out until they became The Serendipity Singers. Should you need a musical nudge, think "Don't let the rains come down." If that means nothing to you, Google them.

Since not all of us will likely end up with musical fame and fortune, where does serendipity enter into our lives. Originally this idea emanated from a Persian fairy tale. Now, it can mean something found, an unexpected discovery, and finding an item of interest by chance. Finding a \$20 bill lying on the ground – serendipity. Make it \$50 or \$100 for a real Serendipity!

Chance meetings can give us the good fortune of serendipity for years to come. Finding a special vacation location can bring a feeling of serendipity.

My artist friend, Donna, described serendipity in her Gouache and Watercolor Pencil painting of the same name. "There are times in our lives when a light seems



Martha Coffin Evans

to glow and gradually emerges out of the darkness and illuminates something, changing it in that moment into something else, something lovely. Let's strive to be open to those unexpected moments of grace."

Isn't that what a new year's all about? It may be a challenge to stay open to the unexpected moments yet to be experienced this 2024.

If you're curious to see an example of "Serendipity," you can find it on our websites – www.martycoffinevans.com or www.donnalyonsfineart.com.

Best wishes as you look for your own serendipity. May your year be filled with the unexpected!

Martha (Marty) Coffin Evans, Ed.D, can be reached at itsmemartee@aol.com or on her website martycoffinevans.com



CU Boulder Presents Alice

Travel down the rabbit hole MOMIX-style with Moses Pendleton's newest creation "Alice," inspired by "Alice in Wonderland." As Alice's body grows and shrinks and grows again, the performers extend themselves using props, ropes and even other dancers. Audiences will take a journey that is magical, mysterious, fun, eccentric and more. As Alice falls down the rabbit hole and experiences every kind of transformation, so will you.

Moses Pendleton's "Alice," performed by his famously illusionary, multi-media company, MOMIX, is an homage to three famous works: Lewis Carroll's classic, psychedelic tales, "Alice's Adventures in Wonderland" and "Through the Looking Glass," and Grace Slick's trippy 1967 ode to their weirdness, "White Rabbit."

Like the innocent blond girl who impulsively dives down a rabbit hole into Wonderland after a mere three paragraphs, MOMIX's 90-minute extravaganza plunges quickly from reality a static portrait of Carroll into pleasant fantasy, a floating Alice reading a book on a summer's day and soon enough, a mind-bending swirl of phantasmagoria.

As usual for MOMIX, the performers leap and spin and move through an eye-popping, brain-swirling

dreamworld of kinetic, colorful props, puppets, towering projections, infinity-reflecting mirrors, and mind-twisting, occasionally eerie, video and animation.

"You can see why I think "Alice" is a natural fit for MOMIX. We want to take this show into places we haven't been before in terms of the fusion of dance, lighting, music, costumes, and projected imagery," says Pendleton, who founded the company in 1981.

For more than 80 years, the Artist Series has brought the globe's finest jazz, classical, world music and dance performers to Boulder. Many of these performances sell out; order your tickets today to guarantee the best seats.

Performance is scheduled for Saturday, Jan. 20, 7:30 p.m. at Macky Auditorium Concert Hall, 1595 Pleasant St. in Boulder. Purchase tickets online at cupresnts.org.



Ageism Matters

Feeling Bad About Your Age?



Kris & Sara

person?"

Our society portrays aging in such negative ways. Yes, aging absolutely comes with challenges. But, it also comes with skills, accomplishments, and insight that only years of living can provide. Yet, the images and messages in advertising and entertainment depict aging as a mostly negative experience, centered around decline and irrelevance.

Sometimes we can be our own worst enemy. We mock our "senior moments", as if we didn't ever forget things when we were younger. We act as if it is impossible to learn something new, even though studies show that older people are very capable of learning new things. When we direct this at ourselves,

"I'm too old to try something new." Ever said or thought that? Maybe you've looked at your image in the mirror and thought "Who is that ugly old

person?"

it's called internalized aging. Our negative beliefs make aging more difficult. Our beliefs about aging impact our health and well-being. People with negative age beliefs do not live as long and have increased risk for disease and dementia.

Let's not perpetrate discrimination on ourselves. Does looking older mean you are less valuable? Are you contributing, even if it's in different ways than when you were younger? If we question the storylines we've believed about aging, the answers may surprise us.

When we are ageist toward ourselves, we needlessly add more burden to aging. The choice to live up to our potential starts with each of us and that does not diminish with age.

Let's make a resolution in 2024 to stop sabotaging ourselves based on age.

Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, www.ChangingtheNarrativeCO.org, the nation's leading effort to change the way we think, talk and act about aging and ageism.

Attorney General Phil Weiser announces \$700 Million Settlement with Google over Play Store Monopoly

Attorney General Phil Weiser and a bipartisan group of 52 other attorneys general today announced a \$700 million agreement with Google, resolving their lawsuit regarding the company's monopoly tactics with the Google Play Store. These details come after a settlement in principle was announced in September.

"Google illegally restricted developers and consumers from freely doing business with each other, which harmed everyone who buys and sells apps and in-app products," Weiser said. "After years of the company flouting a core principle of the free market—that consumers should be able to shop around to find the best price—this settlement will hold Google accountable under antitrust laws."

Attorneys general sued Google in 2021, alleging the company unlawfully monopolized the Android app distribution and in-app payment processing market. Specifically, the states claimed that Google signed anticompetitive contracts to prevent other app stores from being preloaded on Android devices, bought off key app developers

who might have launched rival app stores, created technological barriers to deter consumers from directly downloading apps to their devices, and imposed monopoly prices on in-app purchases.

Consumers who made purchases on the Google Play Store between August 2016 and September 2023 and were harmed by Google's anticompetitive practices will be eligible for restitution. Eligible consumers do not have to submit a claim. If eligible, consumers will receive automatic payments through PayPal or Venmo or may elect to receive a check or ACH transfer. More details about that process are forthcoming.

Early last week, a jury unanimously found that Google's anticompetitive conduct violated federal antitrust laws. This case parallels separate pending antitrust litigation against Google brought by 38 states and the U.S. Department of Justice which went to trial in September. That lawsuit, coled by Weiser, is focused on how Google has abused its dominance in search and search advertising to harm competition and consumers.

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Happy New Year 2024 Quotes & Wishes

The best way to predict the future is to create it.
Abraham Lincoln

2023: Thank you for all the lessons.
2024: I am ready.
Unknown

365 new days. 365 new chances.
Unknown

The only person you are destined to become is the person you decide to be.
Ralph Waldo Emerson

Ring out the false, ring in the true.
Alfred Lord Tennyson

Believe you can and you're halfway there.
Theodore Roosevelt

May 2024 be your best year yet. I hope 2024 brings you lots of love, laughter and joy.

Wishing you a happy new year! May it be filled with new adventures and good fortunes.

"I like the dreams of the future better than the history of the past."
Thomas Jefferson

"When that ball drops at midnight—and it will drop—let's remember to be nice to each other, kind to each other. And not just tonight but all year long." —New Year's Eve

"The best is yet to come." —
Frank Sinatra

Tis The Season To Be Grumpy?

For the most part "champions" are acclaimed, cheered and envied. Not so for the Gay family of Union Vale, NY. In 2012 they adorned their home with a record 346,283 Christmas lights. In 2014 they lit up the neighborhood with 601,736 lights. And, this year, they

set a new Guinness Record when they covered their home with 720,426 lights. It's not just the bright lights that are making some of their neighbors grumpy, it's also the tens of thousands of drive-by visitors they attract,

Healthy Eating Tips for Seniors

The definition of healthy eating does change a little as we age. For example, as we grow older, our metabolism slows down, so we need fewer calories than before. Our body also needs more of certain nutrients. That means it's more important than ever to choose foods that give us the best nutritional value. Explore the materials below to get tips on how to find the best foods for your body and your budget.

the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings. Eating the right amount of food for your age and body helps you maintain a healthy weight. USDA has some guidance on nutrition and daily activity specifically for adults age 60 and older.

5. Stay hydrated. Water is an important nutrient, too! To keep from becoming dehydrated, drink



Here are six tips for picking healthy food as you get older!

1. Know what a healthy plate looks like. The US Department of Agriculture (USDA) has produced a simple way to help people see what a day of healthy eating looks like. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients. Eating at a variety of foods helps us get all the nutrients we need. Think of your plate as looking like a rainbow—bright, colored foods are always the best choice! A healthy meal includes:

Lean protein (lean meats, seafood, eggs, beans)

Fruits and vegetables (think orange, red, green, and purple)

Whole grains (brown rice, whole wheat pasta)

Low-fat dairy (milk and its alternatives)

Choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat processed foods like chips and baked goods, be a smart shopper! Read

small amounts of fluids consistently throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget. Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. More than four million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit BenefitsCheckUp.org to see if the program can help you.

Another way to eat healthy: Try out a grocery or meal delivery service. Did you know grocery delivery services allow you to select your groceries online and have them delivered to your door, potentially helping you avoid impulse buys? And that meal delivery services can get either healthy prepared meals or whole ingredients with unique recipes delivered to your home?

If you haven't tried out either service yet, consider learning more. While some grocery delivery services can be covered by SNAP benefits, the delivery fee is not. Meal delivery kits generally are not covered by SNAP at this time.

All's Well That Ends Well

The Richardson family chihuahua, Bean, escaped from his Staten Island, NY home recently and wound up dodging traffic on the busy Staten Island Expressway. It was a close call but drivers slowed down when they saw the pooch.

Kaitlyn McGinley got out of her car and chased Bean on foot. She said "The dog ran under my car and hid under my tire. Someone gave me a bag, and I scooped him up and put him in the car."

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Social Security programs touch the lives of more than 71 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal my Social Security account at www.ssa.gov/myaccount. Once you create an account, you can:

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General Enrollment Period For Medicare Part B

If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your

monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up.

To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare. You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Make a New Year's Resolution to Become a Contestant in the 2024 Ms. Colorado Senior America Pageant

It's a new year and time to create a new YOU! If you are 60 years of age or older and you feel you need a new lease on life or a new commitment, and want to be a part of something wonderful, become a contestant in the 2024 Ms. Colorado Senior America Pageant to be held April 27, 2024.

This yearly pageant is held to celebrate the fact that women's beauty, talent, and charisma do not diminish with physical age and, instead, that women have reached the "Age of Elegance." This is not a "beauty" contest, but rather an event to showcase women who are vibrant, poised, talented, and personable well into their mature years. During the pageant, contestants will be scored by a panel of judges using the criteria of a private interview, an evening gown competition displaying poise and elegance, a statement that conveys the contestant's "philosophy of life," and a talent presentation demonstrating a woman's giftedness and accomplishments.

The winner of the contest will be crowned Ms. Colorado Senior America 2024 and will perform at showcases, appear in parades, make personal appearances and, best of all, compete in the Ms. Senior America Pageant in Atlantic City, NJ, in October 2024. Ms. Colorado Senior America 2023, Joanie Ryan states, "I am so blessed to be part of such a special organization."

All contestants who compete will automatically become a member of the Colorado Club and will have the opportunity appear in showcases around the area and become a part of that vibrant group of senior la-

dies who love to give back to their community by sharing their time and talent with people in nursing homes, veteran's homes, etc. Please visit us on Facebook - Ms. Colorado Senior America Pageant and see all of our activities!

Contestants are now being sought to compete for the title and crown for 2024. If you feel you exemplify the inner beauty and dignity of a Ms. Colorado Senior America, contact Colorado State Pageant Administrator, Rene' Green at 720-384-6249 (renemcsap@gmail.com) or visit the club's website at www.colosramerica.com for information. Contestants must be 60 plus years of age to enter...and our oldest was 94, so don't say you are too old to start something wonderful!

Space is limited, so sign up soon. Our staff will help you prepare, so give yourself an experience you will never forget!!!

Complete your application now and make 2024 a year to remember!



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Boulder Older Adult Services

West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9:00 a.m. – 4:00 p.m.
 East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8:00 a.m. – 4:30 p.m.
 For information about programs and services: www.boulderolderadultservices.com.
 Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>.

T'ai Chi Level I – Beginning
 East Age Well Center, Tuesdays, January 2 – March 19, 12:00 – 1:00 p.m. (12 classes) Fees: R/NR \$108/\$135. Learn the basics of T'ai Chi, including breath, mental focus, postural awareness and correct movement.

Chair Yoga and Balance
 West Age Well Center, Mondays, January 8 – 29 (3 classes) 10:00 – 10:45 a.m. Fees: R/NR \$24/\$30
 West Age Well Center, Fridays, January 5 – 26 (4 classes) 10:00 – 10:45 a.m. Fees: R/NR \$32/\$40
 Practice postures and techniques of yoga with the support of a chair.

Sans Souci Film Screening, Discussion, and Optional Dance Class
 West Age Well Center, Tuesday, January 9, 2:30 – 4:00 p.m. View a series of short dance films followed by discussion and ending with an optional dance class.

NEW! Dental Aid
Appointments at the West Age Well Center
 Dental Aid offers competitively priced comprehensive oral health care services. To schedule a Dental Aid appointment at the West Age Well Center or review questions regarding dental insurance coverage and payment options, contact Dental Aid directly at 303-499-7072.

Collette Travel Information Session and Social Gathering
 East Age Well Center, Tuesday January 16, 11:00 a.m. – 12:00 p.m. Learn about the Collette Travel company and various tours scheduled for 2024 and 2025, including a slideshow presentation on tours in South Africa and Egypt & Jordan.

Personal Pronouns and Why They Matter: She/her/hers; he/him/his; they/them theirs
 West Age Well Center, Friday, January 19, 10:30 a.m. 0 12:00 p.m.
 Join the Boulder County Area Agency on Aging's LGBTQ+ Program Specialist for a presentation on gendered language and pronoun usage.



Lafayette Senior Services

Programs offered by Lafayette Senior Services
 Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Cherry's Cheesecake Trip
 January 22, 10-11:30am
 Join us for a local taste of cheesecakes at Cherry Cheesecake as we explore a baking expedition, sampling baked goods. You can purchase goods with a 10% discount at the end of our visit.

Rodz & Bodz Museum
 January 9, 9am-1pm
 Rodz and Bodz is the first movie car dedicated museum in Colorado history. Founded on the premise that all ages can enjoy the history and dazzling presence of movie vehicles, hot rods, vintage cars, and more in an impressive automotive gallery.

ThinkFirst Fall Prevention Class
 January 23, 2-3:30pm
 Falls are the leading cause of unintentional injury deaths for people over age 65, and a leading reason for emergency room visits in the United States each year. Many falls could be avoided through simple preventative measures. ThinkFirst To Prevent Falls is now available as a presentation on the basics of fall prevention for older adults.

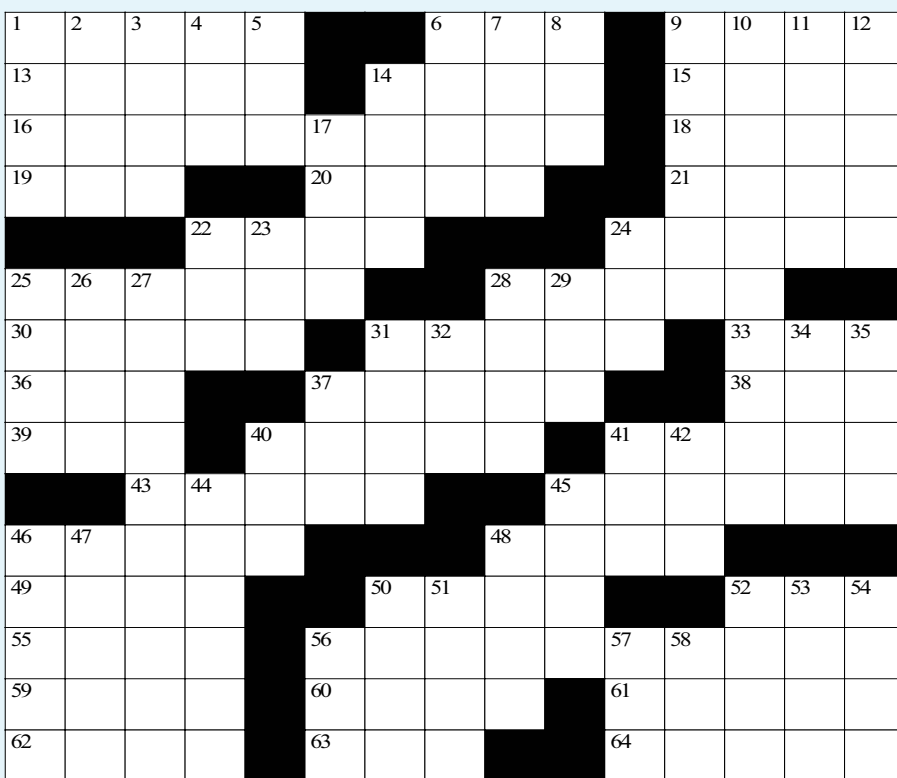
Protecting Yourself from Scams & Fraud
 January 24, 11am-12pm
 We've all experienced that unfamiliar phone number that we answer, only to have an automated voice tell us about our "extended car warranty", but that this is just one of hundreds of scams that target consumers to try to get access to your money and personal information. Join us as we explore the world of frauds and scams and hear about the most common scams and how to prevent becoming a victim.

Having Choice at the End-of-Life
 February 6, 1-3pm
 Join Sue Mackey of Out of the Box End-of-Life Planning in a presentation and conversation about how to prepare for your end-of-life in a way that communicates your values and wishes with your loved ones.



50 Plus Marketplace News Crossword Puzzle

January 2024
 Answers page 7



- ACROSS**
- 1 Become confused
 - 6 Taxicab
 - 9 Vice president
 - 13 Pertaining to a sovereign
 - 14 Command to stop a horse
 - 15 Wheel shaft
 - 16 Border inspection place
 - 18 Short tail
 - 19 Did possess
 - 20 A single time
 - 21 Conceal
 - 22 Close
 - 24 Speak
 - 25 Metallic element
 - 28 Damascus
 - 30 At right angles to a ships length
 - 31 Many times
 - 33 Terminal digit of the foot
 - 36 Beetle

- 37 Abdomen of a crustacean
- 38 I have
- 39 Antiquity
- 40 Monetary unit of Oman
- 41 Pertaining to warships
- 43 Hives
- 45 Tabs
- 46 Made a hole
- 48 Red variety of corundum
- 49 Wander
- 50 Gull-like predatory bird
- 52 Snow runner
- 55 Log house of rural Russia
- 56 Needle-shaped
- 59 Delicatessen
- 60 People in general
- 61 Develop
- 62 Paradise
- 63 Twain
- 64 Russian liquor

- DOWN**
- 1 Shrewd
 - 2 Qatar
 - 3 Coloured
 - 4 Resinous deposit
 - 5 North American deer
 - 6 Stylish
 - 7 First-class
 - 8 Racket
 - 9 Queen of Ahasuerus
 - 10 Tending to excite
 - 11 Evade
 - 12 Become exhausted
 - 14 Habit
 - 17 Superfuse
 - 22 Mineral spring
 - 23 Sew
 - 24 Vase
 - 25 Juniper
 - 26 Ancient Greek coin
 - 27 Imperishable
 - 28 Portico
 - 29 Monetary unit of Japan
 - 31 Potpourri
 - 32 Turkish headwear
 - 34 Egg-shaped
 - 35 Long fish
 - 37 Cushion
 - 40 Used for resting
 - 41 Arrest
 - 42 To endure
 - 44 Continue
 - 45 Hawaiian outdoor feast
 - 46 Newly married woman
 - 47 Seeped
 - 48 Crease
 - 50 Flat-bottomed boat
 - 51 Thousand
 - 52 Collar fastener
 - 53 Show disgust or strong dislike
 - 54 Notion
 - 56 Toward the stern
 - 57 Monetary unit of Bulgaria
 - 58 Fuss



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